

Horseback Riding to White Rocks

Westbound settlers on the Wilderness Road in the late 1700s welcomed their first sight of White Rocks. This bright sandstone beacon was a well known signpost that Cumberland Gap was only another day’s walking away. But few—if any—of those travelers actually took the time to walk or ride up to White Rocks.

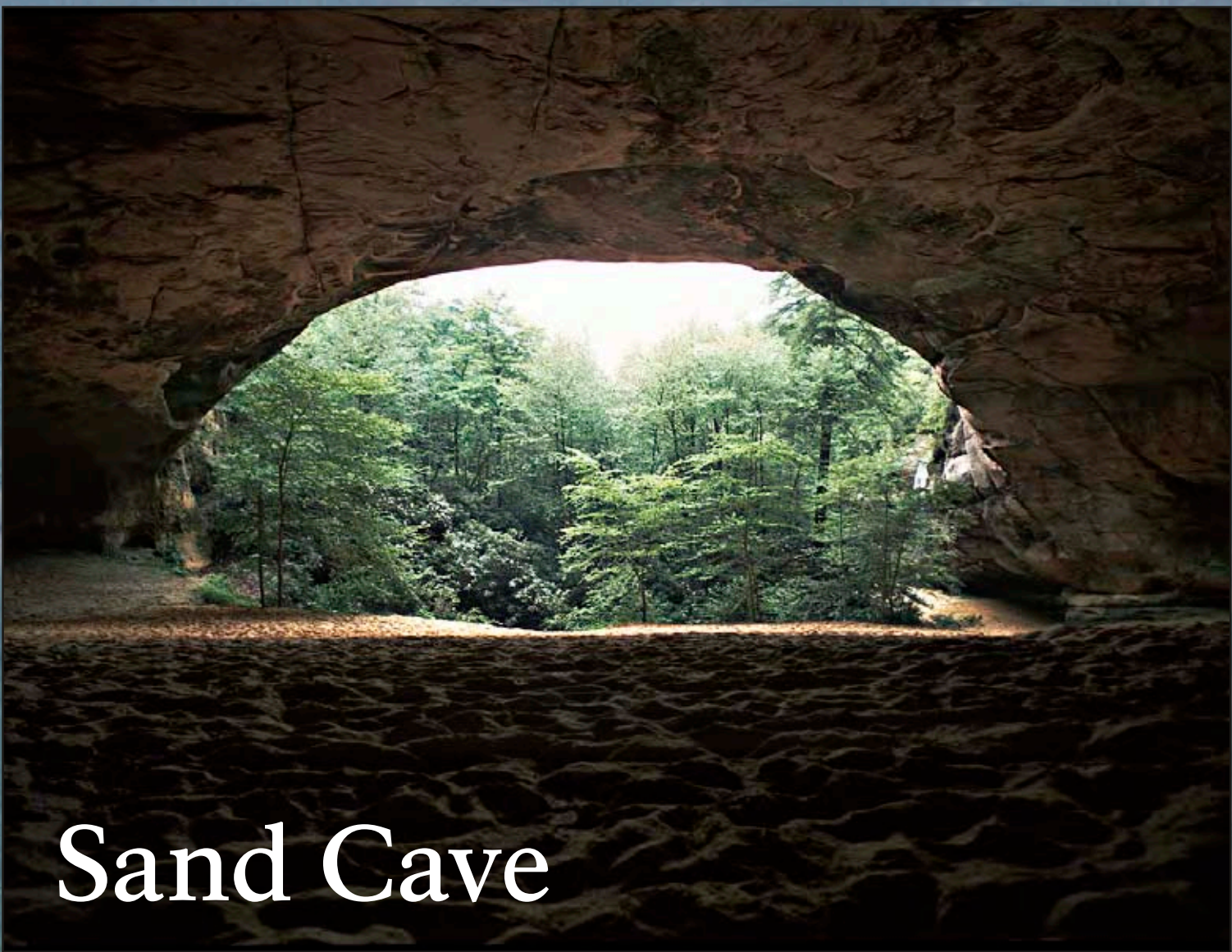
Riders today enjoy the three-mile, one-way trail that climbs some 2,000 feet from here to the views atop the wide sandstone cliffs. To see Sand Cave and Hensley Settlement, favorite destinations that you can also reach from this trailhead, plan to dismount and explore on foot.



Know Before You Go

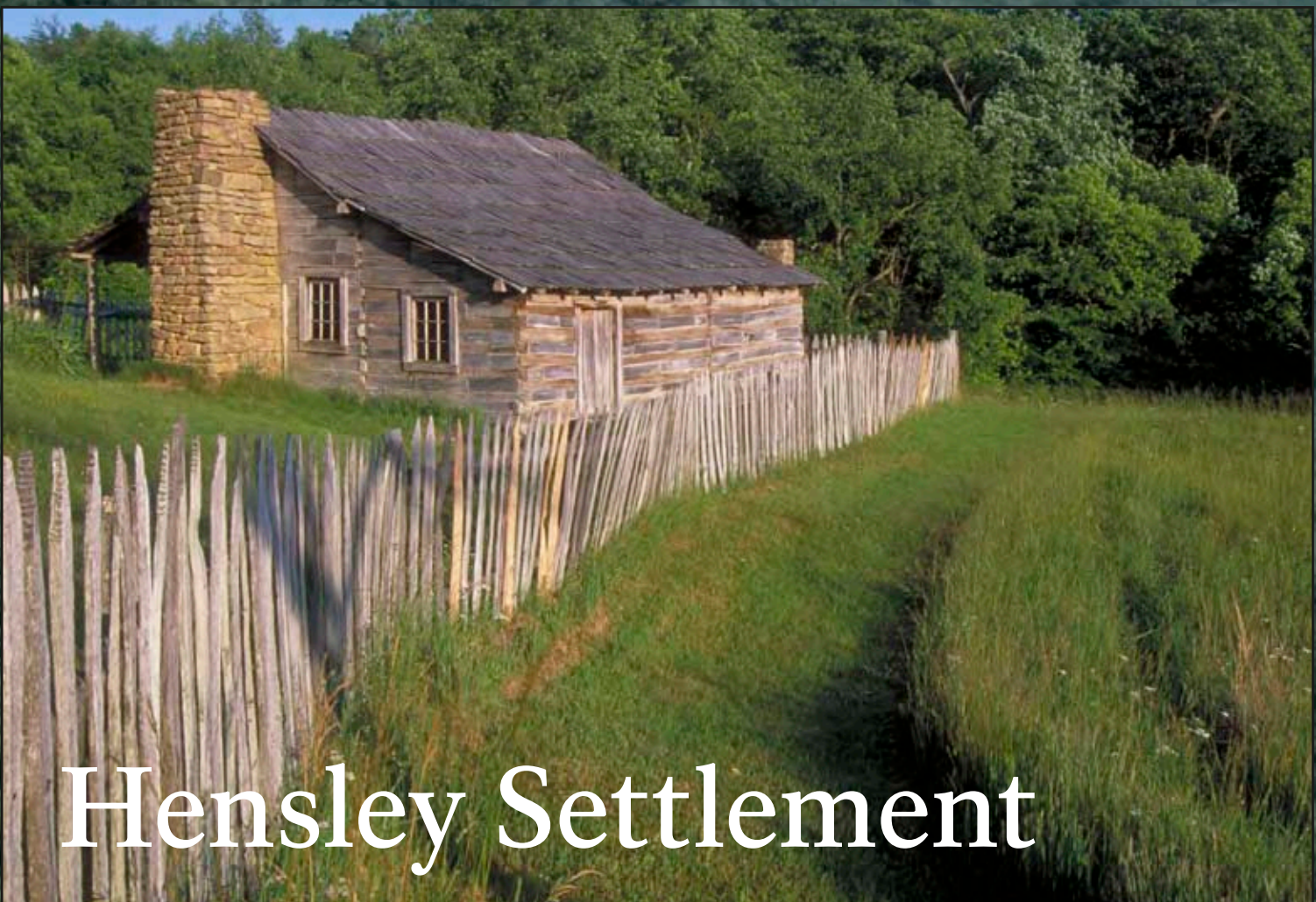
- Carry plenty of water to drink.
- Let someone know your plans before riding on the mountain alone.
- Match your clothing and equipment to mountain travel. Cumberland Mountain weather can become extreme without much warning.
- Stay on horse trails to limit erosion damage.
- Backcountry camping permits are required. If you overnight in the backcountry, camp only at designated sites. Check in with a park ranger at the visitor centers to fill out a free permit.
- Metal detectors, fireworks, weapons, and traps are prohibited.
- Leave plants, animals, and cultural features as you found them.
- Use campfires responsibly.
- If you pack it in, plan to pack it out.

The massive sandstone outcroppings at White Rocks tower 3,500 feet above sea level. You can enjoy panoramic views of Virginia’s Powell Valley to the south, and Kentucky’s rugged labyrinth of coves and ridges to the north.



Sand Cave

An 8-mile round-trip hike brings you to a dramatic 75-foot-high sandstone overhang. A small waterfall flows near the cave entrance most of the year.



Hensley Settlement

You can explore several mountaintop Appalachian farmsteads started by Sherman Hensley in 1903. More than 40 log cabins, barns, and outbuildings show how pioneers forged a new life with limited tools in tough backcountry conditions.

Plan to dismount and visit the Settlement on foot.

Timpanogos Cave Trail

Before entering the caves, the trail climbs rocky slopes high above American Fork Canyon. The route traverses an alpine world where weather and gravity dominate, yet pockets of life — fir trees wildflowers, birds, and ground squirrels — have adapted to the extremes. Along the way, you can discover scenic details that preview cave features, including fault lines related to cave formation, and the exposed walls of a much older cavern.

Trail Data	Información sobre el sendero
The trail ascends 1,065 feet in 1½ miles to the caves’ entrance.	Este sendero de 2.4 kilómetros de largo asciende unos 325 metros hasta llegar a la entrada de la cueva.
Roundtrip distance is 3½ miles; it takes about 3 hours.	El viaje de ida y vuelta durará tres horas y comprende 5.6 kilómetros de largo.



elevation 5638
You Are Here

The route passes through short tunnels and traverses a dynamic world of rockslides and changeable weather.

From overlooks you can gaze far into the Utah Valley — a panoramic contrast to the hidden passageways at the top of the trail.

Tours explore three limestone stalagmites, draperies, and rare helictites whose growth defies gravity.





Jakle’s Lagoon Trailhead

Jakle’s Lagoon bears the family name of George Jakle, a former American Camp soldier who with his wife owned a nearby farm. But Jakle’s ownership was in dispute. In 1875 the U.S. Army abandoned the American Camp area and claimed 640 acres as a military reserve, which contained half of Jakle’s Lagoon and all of the island east of the lagoon, including Jakle’s farm. In 1927 the military reduced its claim and gave George’s widow deed to the farmstead.

The trails that start here pass through the former military reserve and lands farmed by Jakle and others. Nature reigns here today. Much of the land is reclaimed by Douglas fir forest. You’ll find many birds and mammals here. A hike to Mount Finlayson offers sweeping views. Take the self-guiding nature walk (1-mile loop) and learn how plant succession continues to transform the island’s landscape.

SUGGESTED ROUTES

Self-guiding Nature Walk

1-mile (1.6 km) loop trail, easy

Follow the Lagoon Trail to the connector trail with Mount Finlayson Trail. Return via Mount Finlayson Trail. Take and return a trail guide.

Lagoon Trail

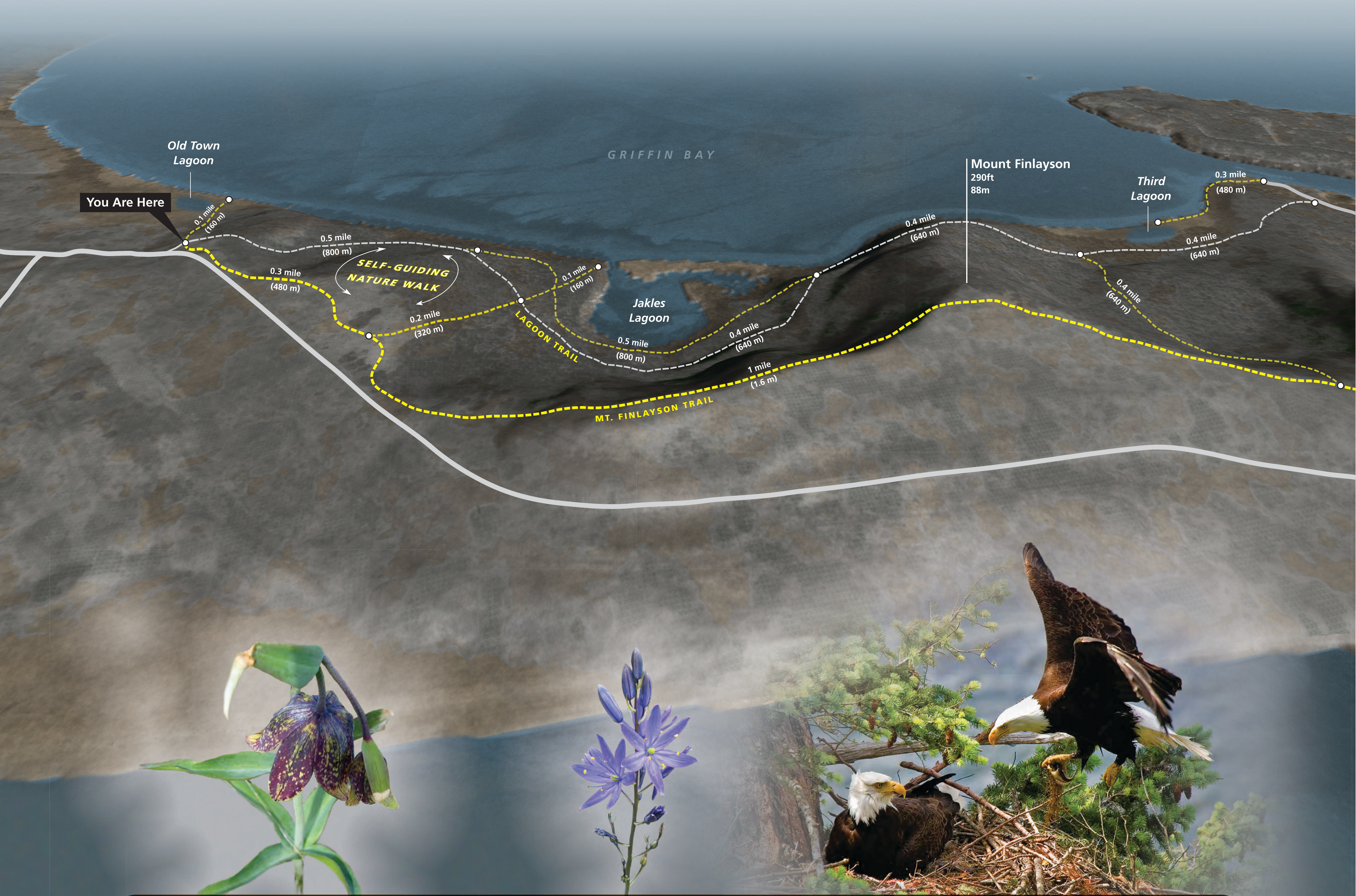
3-mile (4.8 km) round-trip, moderate

Follow the Lagoon Trail to the end and back.

Mount Finlayson Trail

3-mile (4.8 km) loop hike, moderate

Follow the Mount Finlayson Trail over the peak to the 0.3-mile connector trail, leading to the Lagoon Trail for return.



Look for **chocolate lilies** along the trails. They grow in prairies or along forest edges.

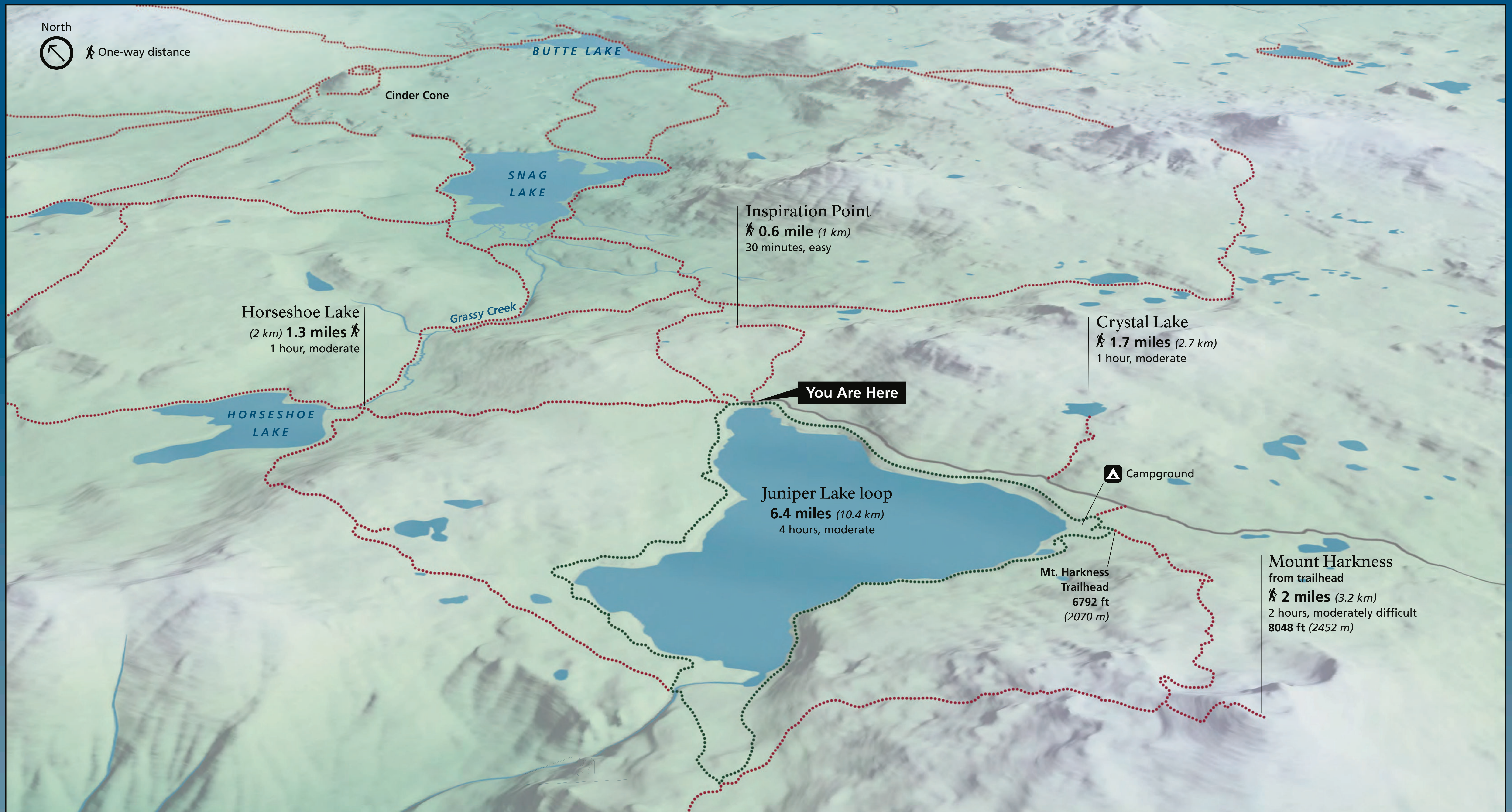
Camas lilies are found in prairies along the trails. The plant’s bulbs were an important food source for American Indians.

The variety of habitats found along the trails—lagoon, forest, and prairie—offer birders many species to discover, like nesting **bald eagles**.

Juniper Lake Trails

Hikes from this trailhead may help you piece together the landscape's geologic evolution. Juniper Lake, of volcanic origin, rests in the shadow of **Mount Harkness**, an extinct shield volcano. Harkness towers 1,200 feet above Juniper, offering a bird's-eye-view of the lake and surrounding terrain.

A climb to **Inspiration Point** also offers sweeping vistas, including a telling look at **Snag Lake**. The lake was created around 1650 when lava from Cinder Cone blocked and dammed Grassy Creek, all in evidence from this vantage point.



Know before you go

A wilderness permit is required for overnight backcountry stays.
Permits are available at all ranger contact stations.

Pets and bicycles are not permitted on trails.

Campfires are not permitted in the backcountry.

Water is not available except from lakes and streams.
Treat water before drinking.

Leave natural or cultural features as you find them.

Stay on established trails.

Pack out all trash.

Juniper Lake and Horseshoe Lake with Lassen Peak in background



Exploring Exit Glacier

1-2 hours round-trip

Short trails lead to panoramic and close-up views of Exit Glacier, the architect of this landscape. This is a wild place. Observe all warning signs and use good judgment. The glacier shifts and cracks, wildlife roams freely, and outwash streams change course, flooding regularly. Less than 100 years ago this entire trail system was under ice. Look for “date signs” marking Exit Glacier’s terminus in past years as you walk through the forest that has sprung up in the wake of the glacier.

- No Feeding Wildlife**
- No Pets**
- No Bikes**

EXIT GLACIER

Harding Icefield Trail

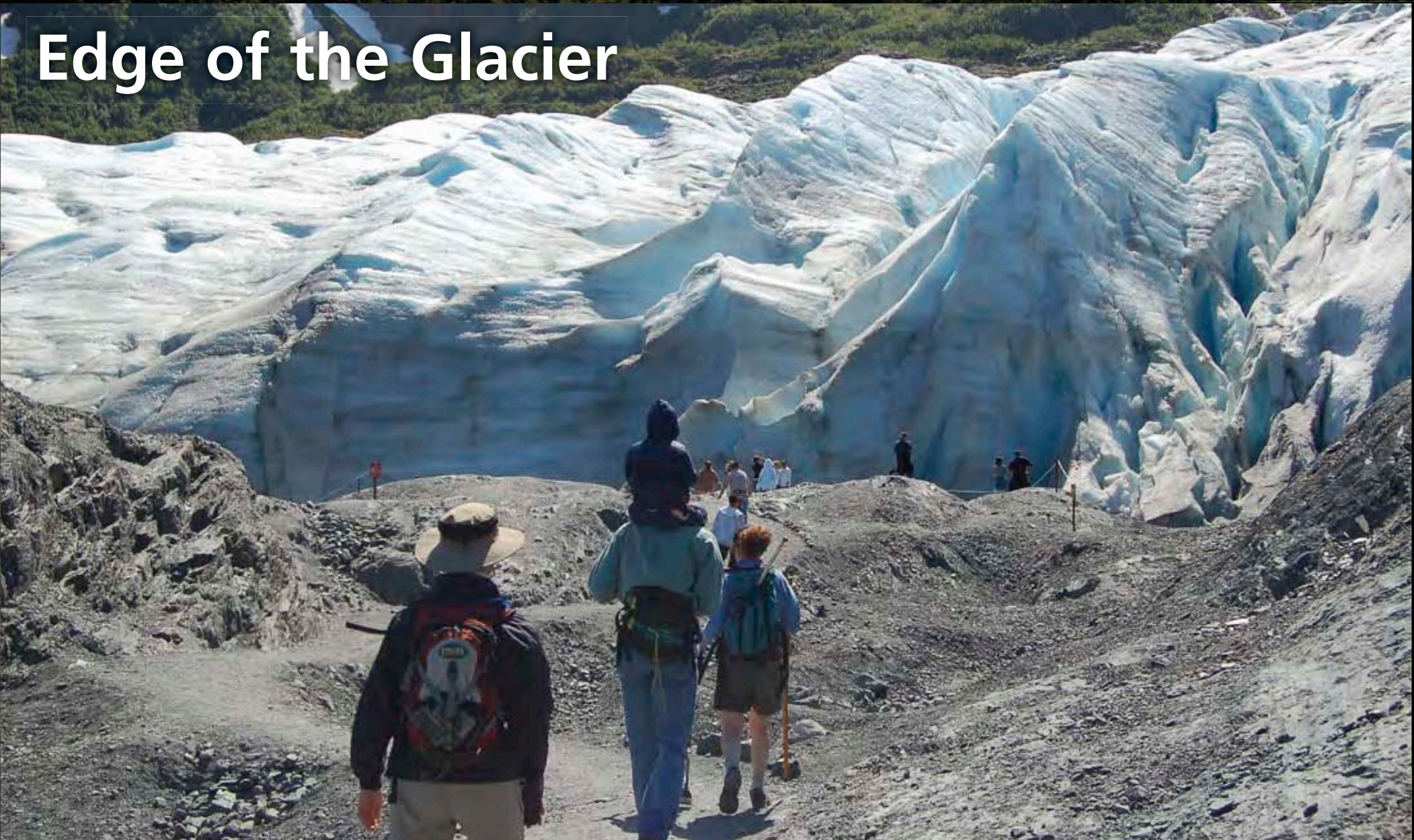
Edge of the Glacier

Toe of the Glacier

OUTWASH PLAIN

Glacier View

Edge of the Glacier



A moderately strenuous hike leads over newly de-glaciated bedrock to the edge of Exit Glacier. Here you can feel the chilly winds off the glacier, gaze up at walls of blue ice and hear the sounds of this active glacier as it grinds downhill.

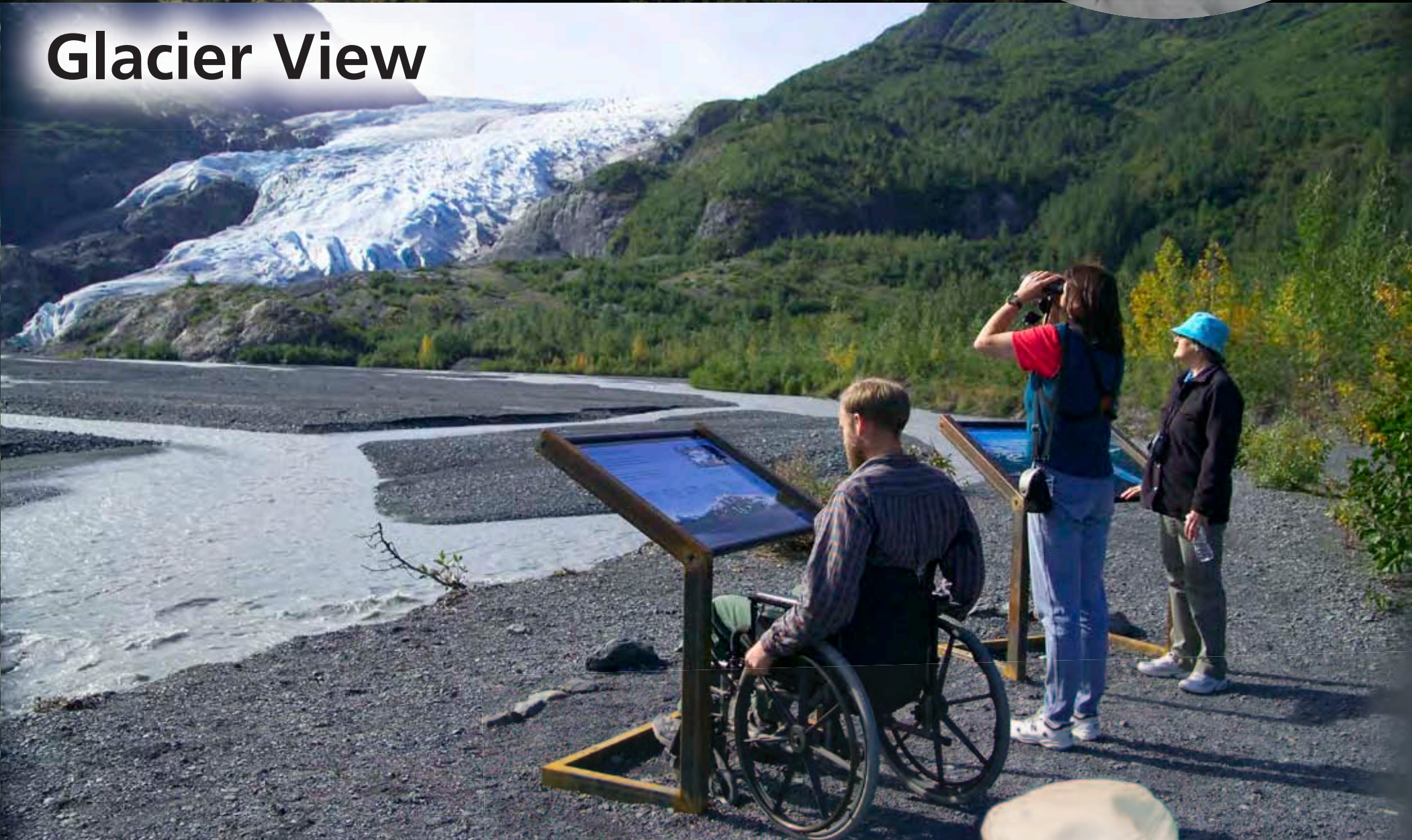
Outwash Plain to the Toe



Once at the edge of the outwash plain there is no “trail” to the toe of Exit Glacier. If water levels are low, you can explore the rocky outwash plain and make your way towards the Glacier. Be prepared to get your feet wet. Don’t try to cross deep or fast moving channels.

AVOID OVERHANGING ICE
Ice can fall at any time. Don’t approach the glacier where the ice is over your head.

Glacier View



A one-mile accessible loop leads through the cottonwood forest to a panoramic view of the Exit Glacier valley. From here you can see Exit Glacier spilling down from the Harding Icefield to its terminus at the outwash plain.

PREPARE FOR THE TRAIL

Take a moment to be sure you are dressed appropriately and have adequate supplies for your hike. Use the facilities before you start your hike. There are no restrooms on the trails.

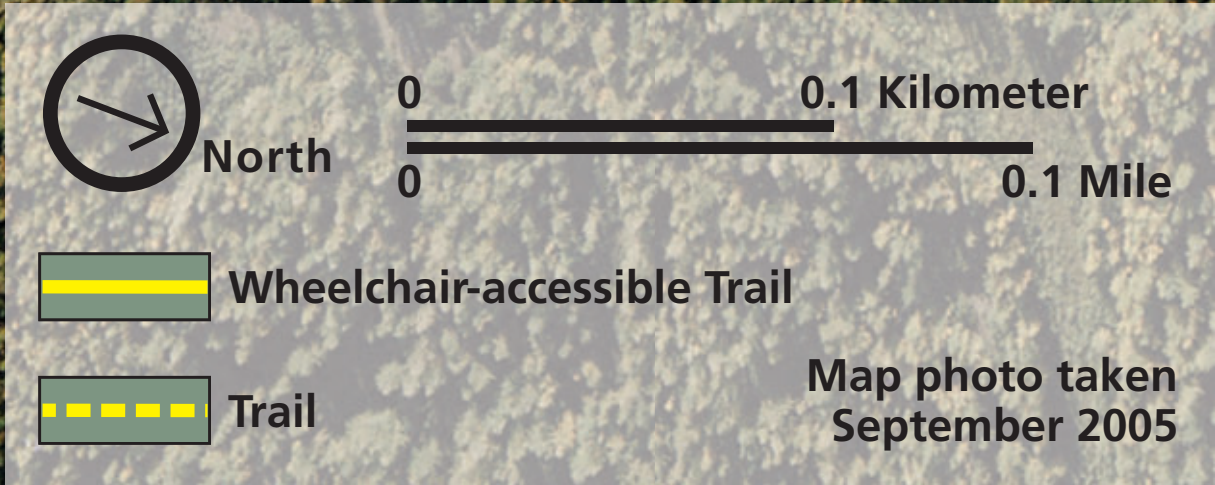
DRESS IN LAYERS
It gets colder the closer you get to the glacier, and the weather can change quickly. You are in a temperate rain forest after all!

BRING WATER
Some of the trails are moderately strenuous, and water from streams is not safe to drink unless you purify it.

WEAR STURDY SHOES
Most of the trails are unpaved. Wear shoes that will keep your feet dry and give you traction in steep or rocky areas.

Nature Center

You Are Here



Keonehe‘ehe‘e

(Sliding Sands Trail)

The trail descends into a former eruption zone, where fountaining lava created a relatively recent series of cinder cones. From a distance the cinder desert appears devoid of life. But down in the basin unusual species of plants, birds, and insects—often hidden among the rocks—have adapted to the summit’s extremes.

For hikers, the trail is also an exercise in adaptation. Weather, solar radiation, and the effects of altitude are more intense here. The walk down can be deceptively easy; allow twice as much time for the steep return ascent.

Please...

Respect the ‘āina (land). Many people consider the park lands to be sacred. Be mindful.

Stay on designated trails. Off-trail hiking can kill unseen plants and animals or destroy cultural resources.

Leave things as you find them, including rocks (possibly plants’ or animals’ homes) and archeological sites.

Leave nothing behind, including orange peels, toilet paper, nutshells (decomposition is slow).

Help keep *nēnē* (Hawaiian goose) wild. NO FEEDING OR APPROACHING. Tame *nēnē* often get hit by cars.

Limit group size to 12 or less.

Enter on foot or horseback only. No bicycles.

No pets allowed on trail.

Clean boots of dirt and seeds.

Camp in designated areas only (permit required).

You are responsible for your own safety

Be prepared for extreme and sudden weather changes. Dress in layers. Bring rain gear.

Be alert for symptoms of altitude sickness: headache, nausea, dizziness, shortness of breath.

Protect yourself from sun. Cover up, and use sunscreen, hat, sunglasses.

Carry and drink lots of water.



‘Āhinahina (silversword) has a dense covering of silvery hairs to conserve moisture and protect the plant from high-elevation sun.



‘Ua‘u (Hawaiian petrel) depend on the summit environment for nesting. This endangered seabird lays a single egg each year.

